

Meal Plan - 3200 calorie intermittent fasting meal plan

[Grocery List](#)[Day 1](#)[Day 2](#)[Day 3](#)[Day 4](#)[Day 5](#)[Day 6](#)[Day 7](#)[Recipes](#)

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

3223 cals ● 272g protein (34%) ● 126g fat (35%) ● 208g carbs (26%) ● 43g fiber (5%)

Lunch

1590 cals, 139g protein, 146g net carbs, 39g fat



Tomato and avocado salad
293 cals



Bbq chicken stuffed sweet potatoes
2 1/2 potato(es)- 1299 cals

Dinner

1630 cals, 133g protein, 62g net carbs, 87g fat



Milk
2 1/2 cup(s)- 373 cals



Beef gyro meatballs with tzatziki
10 meatballs- 875 cals



Simple kale & avocado salad
384 cals

Day 2

3166 cals ● 248g protein (31%) ● 183g fat (52%) ● 93g carbs (12%) ● 39g fiber (5%)

Lunch

1535 cals, 115g protein, 31g net carbs, 96g fat



Protein greek yogurt
1 container- 139 cals



Roasted peanuts
2/3 cup(s)- 633 cals



Avocado tuna salad
764 cals

Dinner

1630 cals, 133g protein, 62g net carbs, 87g fat



Milk
2 1/2 cup(s)- 373 cals



Beef gyro meatballs with tzatziki
10 meatballs- 875 cals



Simple kale & avocado salad
384 cals

Day 3

3132 cals ● 275g protein (35%) ● 185g fat (53%) ● 49g carbs (6%) ● 45g fiber (6%)

Lunch

1535 cals, 115g protein, 31g net carbs, 96g fat



Protein greek yogurt
1 container- 139 cals



Roasted peanuts
2/3 cup(s)- 633 cals



Avocado tuna salad
764 cals

Dinner

1595 cals, 159g protein, 18g net carbs, 89g fat



Basic chicken breast
24 oz- 952 cals



Tomato and avocado salad
645 cals

Day 4

3174 cals ● 272g protein (34%) ● 189g fat (54%) ● 56g carbs (7%) ● 41g fiber (5%)

Lunch

1575 cals, 113g protein, 37g net carbs, 100g fat



Simple kale & avocado salad
460 cals



Honey mustard chicken thighs w/ skin
16 oz- 1116 cals

Dinner

1595 cals, 159g protein, 18g net carbs, 89g fat



Basic chicken breast
24 oz- 952 cals



Tomato and avocado salad
645 cals

Day 5

3199 cals ● 277g protein (35%) ● 161g fat (45%) ● 126g carbs (16%) ● 35g fiber (4%)

Lunch

1575 cals, 113g protein, 37g net carbs, 100g fat



Simple kale & avocado salad
460 cals



Honey mustard chicken thighs w/ skin
16 oz- 1116 cals

Dinner

1620 cals, 164g protein, 88g net carbs, 61g fat



Balsamic chicken breast
24 oz- 947 cals



Baked fries
676 cals

Day 6

3167 cals ● 326g protein (41%) ● 121g fat (34%) ● 161g carbs (20%) ● 33g fiber (4%)

Lunch

1545 cals, 162g protein, 73g net carbs, 60g fat



Lemon pepper chicken breast
24 oz- 888 cals



Mashed sweet potatoes
275 cals



Sautéed garlic & herb tomatoes
382 cals

Dinner

1620 cals, 164g protein, 88g net carbs, 61g fat



Balsamic chicken breast
24 oz- 947 cals



Baked fries
676 cals

Day 7

3164 cals ● 243g protein (31%) ● 157g fat (45%) ● 139g carbs (18%) ● 56g fiber (7%)

Lunch

1545 cals, 162g protein, 73g net carbs, 60g fat



Lemon pepper chicken breast
24 oz- 888 cals



Mashed sweet potatoes
275 cals



Sautéed garlic & herb tomatoes
382 cals

Dinner

1620 cals, 82g protein, 66g net carbs, 98g fat



Chicken-broccoli-sweet potato bowl
572 cals



Roasted peanuts
1/2 cup(s)- 403 cals



Tomato and avocado salad
645 cals

Vegetables and Vegetable Products

- ☐ onion
2 medium (2-1/2" dia) (204g)
- ☐ tomatoes
13 1/3 medium whole (2-3/5" dia) (1636g)
- ☐ sweet potatoes
6 1/2 sweetpotato, 5" long (1365g)
- ☐ kale leaves
3 2/3 bunch (624g)
- ☐ potatoes
3 1/2 large (3" to 4-1/4" dia.) (1292g)
- ☐ garlic
3 clove(s) (9g)
- ☐ frozen broccoli
1/2 package (142g)

Fruits and Fruit Juices

- ☐ lime juice
5 fl oz (160mL)
- ☐ avocados
10 avocado(s) (2044g)
- ☐ lemon
3 2/3 small (213g)

Fats and Oils

- ☐ olive oil
1/4 lbs (136mL)
- ☐ oil
1/4 lbs (131mL)
- ☐ balsamic vinaigrette
3/4 cup (180mL)

Spices and Herbs

- ☐ garlic powder
1 tbsp (10g)
- ☐ salt
1 oz (31g)
- ☐ black pepper
1/4 oz (8g)
- ☐ oregano, dried
1 tsp, ground (2g)
- ☐ dried dill weed
1 tsp (1g)
- ☐ onion powder
1 tsp (2g)
- ☐ rosemary, dried
1 tsp (1g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
6 3/4 tbsp (119g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
10 3/4 lbs (4833g)
- ☐ chicken thighs, with bone and skin, raw
2 lbs (907g)

Dairy and Egg Products

- ☐ whole milk
5 cup(s) (1200mL)

Other

- ☐ tzatziki
1 1/4 cup(s) (280g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ mixed greens
3 1/2 cup (105g)
- ☐ italian seasoning
1 container (.75 oz) (22g)

Beef Products

- ☐ ground beef (93% lean)
2 lbs (908g)

Legumes and Legume Products

- ☐ roasted peanuts
2 cup (265g)

Finfish and Shellfish Products

- ☐ canned tuna
3 1/2 can (602g)

Sweets

- ☐ honey
2 tbsp (42g)

- ☐ **ground cumin**
1 tsp (2g)
 - ☐ **brown deli mustard**
3 tbsp (45g)
 - ☐ **thyme, dried**
2 tsp, ground (3g)
 - ☐ **lemon pepper**
3 tbsp (21g)
 - ☐ **paprika**
4 dash (1g)
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Lunch 1 [↗](#)

Eat on day 1

Tomato and avocado salad

293 cal ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion
1 1/4 tbsp minced (19g)
lime juice
1 1/4 tbsp (19mL)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
avocados, cubed
5/8 avocado(s) (126g)
tomatoes, diced
5/8 medium whole (2-3/5" dia) (77g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Bbq chicken stuffed sweet potatoes

2 1/2 potato(es) - 1299 cal ● 135g protein ● 16g fat ● 138g carbs ● 17g fiber



Makes 2 1/2 potato(es)
barbecue sauce
6 2/3 tbsp (119g)
boneless skinless chicken breast, raw
1 1/4 lbs (560g)
sweet potatoes, halved
2 1/2 sweetpotato, 5" long (525g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Protein greek yogurt

1 container - 139 cal● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Roasted peanuts

2/3 cup(s) - 633 cal● 24g protein ● 50g fat ● 13g carbs ● 9g fiber



For single meal:

roasted peanuts
2/3 cup (100g)

For all 2 meals:

roasted peanuts
1 1/2 cup (201g)

1. The recipe has no instructions.

Avocado tuna salad

764 cal● 71g protein ● 42g fat ● 10g carbs ● 15g fiber



For single meal:

avocados
7/8 avocado(s) (176g)
lime juice
1 3/4 tsp (9mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
1 3/4 cup (53g)
canned tuna
1 3/4 can (301g)
tomatoes
1/2 cup, chopped (79g)
onion, minced
1/2 small (31g)

For all 2 meals:

avocados
1 3/4 avocado(s) (352g)
lime juice
3 1/2 tsp (18mL)
salt
1/2 tsp (1g)
black pepper
1/2 tsp (0g)
mixed greens
3 1/2 cup (105g)
canned tuna
3 1/2 can (602g)
tomatoes
14 tbsp, chopped (158g)
onion, minced
7/8 small (61g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Simple kale & avocado salad

460 cals ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



For single meal:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

For all 2 meals:

kale leaves, chopped
2 bunch (340g)
avocados, chopped
2 avocado(s) (402g)
lemon, juiced
2 small (116g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Honey mustard chicken thighs w/ skin

16 oz - 1116 cals ● 103g protein ● 69g fat ● 19g carbs ● 1g fiber



For single meal:

brown deli mustard

1 1/2 tbsp (23g)

honey

1 tbsp (21g)

thyme, dried

1 tsp, ground (1g)

salt

2 dash (2g)

chicken thighs, with bone and skin, raw

1 lbs (454g)

For all 2 meals:

brown deli mustard

3 tbsp (45g)

honey

2 tbsp (42g)

thyme, dried

2 tsp, ground (3g)

salt

4 dash (3g)

chicken thighs, with bone and skin, raw

2 lbs (907g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Lemon pepper chicken breast

24 oz - 888 cal ● 152g protein ● 28g fat ● 4g carbs ● 3g fiber



For single meal:

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

olive oil

3/4 tbsp (11mL)

lemon pepper

1 1/2 tbsp (10g)

For all 2 meals:

boneless skinless chicken breast, raw

3 lbs (1344g)

olive oil

1 1/2 tbsp (23mL)

lemon pepper

3 tbsp (21g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

sweet potatoes

3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Sauteed garlic & herb tomatoes

382 cals ● 4g protein ● 31g fat ● 15g carbs ● 6g fiber



For single meal:

black pepper

1 1/2 dash, ground (0g)

olive oil

2 1/4 tbsp (34mL)

tomatoes

1 1/2 pint, cherry tomatoes (447g)

italian seasoning

3/4 tbsp (8g)

salt

1/4 tbsp (5g)

garlic, minced

1 1/2 clove(s) (5g)

For all 2 meals:

black pepper

3 dash, ground (1g)

olive oil

1/4 cup (68mL)

tomatoes

3 pint, cherry tomatoes (894g)

italian seasoning

1 1/2 tbsp (16g)

salt

1/2 tbsp (9g)

garlic, minced

3 clove(s) (9g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
 2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
 3. Serve.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Milk

2 1/2 cup(s) - 373 cal ● 19g protein ● 20g fat ● 29g carbs ● 0g fiber



For single meal:

whole milk
2 1/2 cup(s) (600mL)

For all 2 meals:

whole milk
5 cup(s) (1200mL)

1. The recipe has no instructions.

Beef gyro meatballs with tzatziki

10 meatballs - 875 cal ● 106g protein ● 42g fat ● 18g carbs ● 1g fiber



For single meal:

oregano, dried
4 dash, ground (1g)
dried dill weed
4 dash (1g)
garlic powder
4 dash (2g)
onion powder
4 dash (1g)
rosemary, dried
4 dash (1g)
ground cumin
4 dash (1g)
oil
1/2 tsp (3mL)
tzatziki
5/8 cup(s) (140g)
ground beef (93% lean)
1 lbs (454g)

For all 2 meals:

oregano, dried
1 tsp, ground (2g)
dried dill weed
1 tsp (1g)
garlic powder
1 tsp (3g)
onion powder
1 tsp (2g)
rosemary, dried
1 tsp (1g)
ground cumin
1 tsp (2g)
oil
1 tsp (5mL)
tzatziki
1 1/4 cup(s) (280g)
ground beef (93% lean)
2 lbs (908g)

1. Add beef, spices, and a hefty pinch of salt to a large bowl and knead together until spices are well incorporated.
2. Shape meat into small meatballs (use the number of meatballs listed in the recipe details above).
3. Heat oil in a skillet over medium heat. Add the meatballs and cook, turning gently, until all sides are browned and the meatballs are cooked through.
4. Remove the pan and serve with tzatziki.

Simple kale & avocado salad

384 cal ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



For single meal:

kale leaves, chopped
5/6 bunch (142g)
avocados, chopped
5/6 avocado(s) (168g)
lemon, juiced
5/6 small (48g)

For all 2 meals:

kale leaves, chopped
1 2/3 bunch (284g)
avocados, chopped
1 2/3 avocado(s) (335g)
lemon, juiced
1 2/3 small (97g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Basic chicken breast

24 oz - 952 cals ● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/2 lbs (672g)
oil
1 1/2 tbsp (23mL)

For all 2 meals:

boneless skinless chicken breast, raw
3 lbs (1344g)
oil
3 tbsp (45mL)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Tomato and avocado salad

645 cals ● 8g protein ● 50g fat ● 18g carbs ● 22g fiber



For single meal:

onion
2 3/4 tbsp minced (41g)
lime juice
2 3/4 tbsp (41mL)
olive oil
2 tsp (10mL)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
avocados, cubed
1 1/2 avocado(s) (276g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(169g)

For all 2 meals:

onion
1/3 cup minced (83g)
lime juice
1/3 cup (83mL)
olive oil
4 tsp (21mL)
garlic powder
1/2 tbsp (4g)
salt
1/2 tbsp (8g)
black pepper
1/2 tbsp, ground (3g)
avocados, cubed
2 3/4 avocado(s) (553g)
tomatoes, diced
2 3/4 medium whole (2-3/5" dia)
(338g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 3 [🔗](#)

Eat on day 5 and day 6

Balsamic chicken breast

24 oz - 947 cals ● 153g protein ● 36g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/2 lbs (680g)
balsamic vinaigrette
6 tbsp (90mL)
oil
1 tbsp (15mL)
italian seasoning
1/4 tbsp (3g)

For all 2 meals:

boneless skinless chicken breast, raw
3 lbs (1361g)
balsamic vinaigrette
3/4 cup (180mL)
oil
2 tbsp (30mL)
italian seasoning
1/2 tbsp (5g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Baked fries

676 cals ● 11g protein ● 25g fat ● 86g carbs ● 15g fiber



For single meal:

potatoes

1 3/4 large (3" to 4-1/4" dia.) (646g)

oil

1 3/4 tbsp (26mL)

For all 2 meals:

potatoes

3 1/2 large (3" to 4-1/4" dia.)
(1292g)

oil

1/4 cup (53mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Dinner 4 [↗](#)

Eat on day 7

Chicken-broccoli-sweet potato bowl

572 cals ● 58g protein ● 15g fat ● 40g carbs ● 11g fiber



frozen broccoli
1/2 package (142g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
olive oil
2 tsp (10mL)
paprika
4 dash (1g)
boneless skinless chicken breast, raw, cut into bite-sized cubes
1/2 lbs (224g)
sweet potatoes, cut into bite-sized cubes
1 sweetpotato, 5" long (210g)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Roasted peanuts

1/2 cup(s) - 403 cal ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber

Makes 1/2 cup(s)

roasted peanuts
1/2 cup (64g)



1. The recipe has no instructions.

Tomato and avocado salad

645 cal ● 8g protein ● 50g fat ● 18g carbs ● 22g fiber

**onion**

2 3/4 tbsp minced (41g)

lime juice

2 3/4 tbsp (41mL)

olive oil

2 tsp (10mL)

garlic powder

1/4 tbsp (2g)

salt

1/4 tbsp (4g)

black pepper

1/4 tbsp, ground (2g)

avocados, cubed

1 1/2 avocado(s) (276g)

tomatoes, diced

1 1/2 medium whole (2-3/5" dia) (169g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
 2. Meanwhile, prepare the avocado and tomato.
 3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
 4. Serve chilled.
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